Monday, January 6, 2014

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NEWS WORTH SHARING.

## I AM THE NIGHT ... UNTIL 3 A.M.

BRAMPTON BATMAN TRACKS DOWN CRIME — BUT NOT TOO LATE. HE'S GOT WORK THE NEXT DAY

PAGE 3

### Go straight to the principal's office! It's time for your weed

Calgary student gets the OK to use medical marijuana on school grounds PAGE 5

### You ain't got what it takes to be a soldier — or play one

Emile Hirsch went through pseudo-bootcamp to get a role as a Navy SEAL PAGE 13

### Money can't buy you love, but it can sure buy you 'likes'

Companies, celebs, even U.S. government hire 'click farms' to generate fake buzz PAGE 9

# Are councillors overstaying their welcome?

**Term limits.** One voice on council says she will leave after 2nd term to make way for new ideas

When Coun. Mary-Margaret McMahon registered last week as a candidate for October's municipal election, she did something no other incumbent in the city did. The Ward 32 councillor promised that, if elected, this second term would be her last.

Vowing not to run again is a frequently made, and often broken, election pledge. But if McMahon has her way, all municipal politicians in the city would be required to step down after a term limit.

"Why not give a fresh face to council every once and a while? We need fresh ideas and fresh energy," she said Friday. "My philosophy is: get in, do a good job and then get out and give someone else a turn."

A dozen of the city's 44 councillors have been in office for 18 years or more, dominating local politics in their ward for a generation. It can be extremely difficult for a newcomer to unseat a long-time incumbent.

"It's not a level playing field," said McMahon, singling out name recognition as one of the hardest things to establish. "It's such a disadvantage for someone new coming in."

The last election, in which McMahon defeated four-term incumbent Sandra Bussin to win Beaches-East York, was something of an anomaly.

Thirteen rookie councillors were elected, as well as a record number of women. While there are now 15 female councillors, McMahon says that isn't enough.

"We need more youth. We need more diversity on council, and I think term limits would do that," she said.

TORSTAR NEWS SERVICE

**Getting cosy**

**"I always tell people: this is public service, it's not a career."**

Coun. Mary-Margaret McMahon

## FIGHT TO THE FINISH

**Raptors defenders Amir Johnson, left, and Jonas Valanciunas try to block the Miami Heat's LeBron James on Sunday in Miami. The Raps lost a nail-biter, 102-97. See story, page 20.** J PAT CARTER/THE ASSOCIATED PRESS

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Bell Let's Talk

# Brampton Batman fights crime without violence

**Patrols the downtown streets each night.**
He's become a local celebrity, with thousands of followers

**Quoted**

**"I can be who I really am. I can help people, I can make people smile ... I can stop crime if I see it."**
Stephen Lawrence, Batman

Brampton Batman Stephen Lawrence can be found most nights patrolling streets in downtown Brampton. TORSTAR NEWS SERVICE

It's always late, always dark, when he puts on the cape.

The man who calls himself Brampton Batman is nocturnal. He patrols his city 'til 3 a.m. nightly, walking for hours in all weather. He approaches no one, and only responds when addressed directly. His stride is sure. He waits obediently at crosswalks: It's the law.

He wasn't certain how people or local police would react when he came out publicly wearing the black leather cape, the fitted black cowl that covers his forehead and obscures his face, the vinyl muscle, the black paint around his eyes, the boots, the gloves, the imposing figure he has created.

People loved it. That was in July. As with all superheroes, his true identity is a closely-held secret, but he let Torstar News Service in on the mystery. He patrols the streets after clocking out from the evening shift at his job.

The man known by day as Stephen Lawrence, 38, is a true, if minor, celebrity in Brampton. When he walks into the café, some girls titter quietly or stare and nudge each other. A group of teenage girls celebrating a birthday ask for a photo.

It's the first of many. At a red light near Gage Park, a man hops out of his car to snap a picture. A young couple with a baby stroller nearly misses their bus on Queen St., they are so excited to see him. All over town are shouts of "Batman!" Car horns blare constantly.

Lawrence is pleased, but not flustered. "Stay safe," he tells his fans in the low voice he uses while in costume.

He grew up across the GTA with parents who were British by way of Jamaica, which explains his chivalrous attitude, he says. He moved to Brampton in 1998 to work in manufacturing. He speaks about his background freely; after all, Bruce Wayne had a day job too.

He has thousands of fans on Twitter and Facebook, and hundreds of pictures posted by those fans.

The final, essential piece is the car. He got his hands on it this winter after a year of saving up and walking home from work. He bought it from Orangeville entrepreneur Glenn McCullagh, who turned a sedan into the 1989 rendition of the superhero's car. McCullagh, who looks eerily similar to actor Michael Keaton, made one for himself he says was appraised at $45,000 in 2011.

Lawrence is grateful the people of Brampton have welcomed his alter ego.

TORSTAR NEWS SERVICE

# Crack derailed doc's career, cats helped him recover

John Young TORSTAR NEWS SERVICE

In late 2002, Dr. John Young called the wrong number and changed his life.

He dialed what he thought was the number for the Ontario Medical Association, asking to enrol in their substance abuse treatment program for physicians.

By mistake, he called the College of Physicians and Surgeons of Ontario — the regulator which can revoke a doctor's licence to practise medicine in Ontario.

Young was a drug addict. At first, it was cocaine. Then, after his dealer was arrested, he turned to crack.

The headquarters of the college of physicians was mere blocks away from Young's medical practice on Yonge St. They immediately sent somebody over to shut down his practice.

"That was actually life-saving," said Young, now 56.

Eventually, Young enrolled in the medical association's Physician Health Program.

As part of his recovery program, Young needed to find service work. He found his cause in November 2012, when a black-and-white cat named Panda was shot to death with a pellet gun in the city's east end.

Young started a Facebook page in Panda's memory. The organization has evolved into the WatchCat Coalition, an online resource dedicated to helping Toronto's stray cats.

Young aims to bring attention to cats that have been mistreated or need to be adopted, such as in the case of cat hoarders. TORSTAR NEWS SERVICE

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## Investigation. Police on the case after Canadian found dead in Jamaica

Police in Jamaica are investigating the death of a 53-year-old Canadian woman whose body was found last Monday.

A report on the Jamaica Observer website says the woman has been identified as Shirley Lewis-McFarlane, who is reportedly from Aurora, Ont.

The cause of death is not yet known.

However, the Observer reports the body of Lewis-McFarlane was found in a bedroom in a house in the north shore community of Saint Ann with bruises to her face.

Police reportedly said there were no signs of forced entry to the house where she was staying.

Shirley Lewis-McFarlane
TORSTAR NEWS SERVICE

Her friends and relatives voiced their shock and grief on Facebook, recalling her "adventurous spirit" and "contagious" laugh. THE CANADIAN PRESS

Crime

### Man stable following stabbing

Police say a stabbing in northeast Toronto has sent a man to hospital.

Officers were called to a building on Lawrence Avenue East near Kingston Road around 8:30 a.m. Sunday.

The man, believed to be in his 40s, is said to be in serious but stable condition.

Investigators have released few details but say they are seeking more than one suspect.

680NEWS/THE CANADIAN PRESS

# Plane from Toronto slides off icy New York runway

Anna Maksimkina of Yekaterinburg, Russia, sleeps on the floor at John. F. Kennedy International Airport on Sunday after a Delta flight from Toronto to New York skidded off the runway into a snow bank, temporarily halting all flights in New York. KATHY WILLENS/THE ASSOCIATED PRESS

## Travel woes. No injuries reported at JFK airport, says official

A plane from Toronto slid into snow as it turned onto a taxiway after landing at John F. Kennedy International Airport on Sunday, halting flights at the airport for two hours and causing residual delays.

"It could have been worse, a much worse scenario," Jordan Houlton told reporters after he emerged from Delta Connection 4100 along with 34 other passengers and crew members about 90 minutes after the slippery diversion of the CRJ2 aircraft.

Federal Aviation Administration spokeswoman Kathleen Bergen said there was no immediate report of injuries after the plane landed safely at 8 a.m., only to lose its footing and slide into snow as it turned from the runway onto a taxiway.

Houlton, a 27-year-old teacher in Mexico, said he managed to sleep through the slide and didn't learn until later that the plane had skidded off course.

"I was sleeping. I woke up and it was 9:30," Houlton said. "A police officer came on to make sure everyone was OK. Luckily, everyone was OK. It was kind of wild. I still can't believe it." THE ASSOCIATED PRESS

**Closure, opening**

- The aircraft was towed to the gate with its passengers on board. Owing to the ice and snow still arriving in New York, JFK was closed for two hours and flights departing from Pearson were cancelled or delayed.
- Kennedy airport reopened at about 10:30 a.m. Sunday.

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| • February 10, 2014 | 6:30 p.m. | Toronto Marriott Bloor Yorkville Hotel |
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| • February 18, 2014 | 6:30 p.m. | Online Webinar |

The next enrolment date is March 4, 2014.

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# Student allowed to use medicinal pot at school

**Marijuana vaporizer.** Noah Kirkman's device is no bigger than a walkie-talkie

JEREMY NOLAIS
Metro in Calgary

Smoking marijuana on school property would land most high schoolers in the principal's office, but Noah Kirkman is actually encouraged to head there and ingest the drug.

The 15-year-old Western Canada High School student is a licensed medicinal marijuana user after finding the drug far more effective than prescription offerings for treating Tourette Syndrome and attention-deficit disorder.

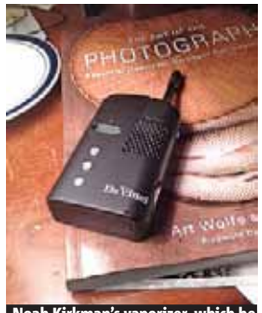
"It doesn't have any withdrawal effects and I can't (overdose) on it," explained the confident student, who has aspirations of practising photojournalism someday. "It helps me keep calm; it helps me keep focused."

Kirkman received his licence in September and he and mother Lisa say they proactively approached Calgary Board of Education administrators to discuss terms on how the teen could ingest his medicine on school property.

At first, it was thought Kirkman could use his "one-hitter," which looks like a cigarette, out front of the school. But when it became too cold it was agreed he could pop by the vice-principal's office and use his marijuana vaporizer three times a day, before class, after class and over the lunch hour.

Kirkman's device is no bigger than a walkie-talkie and he simply flicks a switch that heats his medicine to 186 C.

The CBE would not confirm the Kirkman family's account, citing privacy concerns, and said it doesn't have information to indicate whether other students have been granted similar concessions to use marijuana on school property. But Kirkman and his mom were interviewed separately to determine whether their accounts check out and Metro was provided with proof of the teen's medicinal marijuana licence.



Noah Kirkman's vaporizer, which he uses inside his Calgary high school. COURTESY NOAH KIRKMAN

Lisa is also a licensed marijuana user and no stranger to generating headlines for her use of the drug. In 2011, she and three others ingested marijuana using a vaporizer aboard a WestJet flight bound for Toronto.

# Canadian set for two weeks on Mars 'camp'

An Ottawa woman is living like a Martian for the next two weeks in a Utah desert research facility designed to simulate life on the red planet.

Elizabeth Howell, a Carleton University graduate and aerospace science PhD student in North Dakota, joins a six-member crew in the Mars Desert Research Station near Hanksville, Utah. One crew member is from France and four are from the U.S.

The MDRS is a two-floor, 1,200 square foot facility, equipped with bathrooms, bedrooms, and ladders to access a common area. Unable to speak by phone Sunday, she wrote in an email to Metro that her living arrangement is like staying at a cabin, but with a space twist.

"It's powered by generators, we have limited running water, and we leave the habitat in groups of at least two for safety reasons," wrote Howell. "The twist is that once we enter the simulation, we generally only wear spacesuits while we're outside. That's because on Mars, you would need a spacesuit to survive."

Elizabeth Howell is seen here in this photo taken on Saturday, en route to the Mars Desert Research Station near Hanksville, Utah. CONTRIBUTED

Howell was selected to participate in the program run by the not-for-profit group The Mars Society until Jan. 20. She is also a freelance journalist for several science publications.

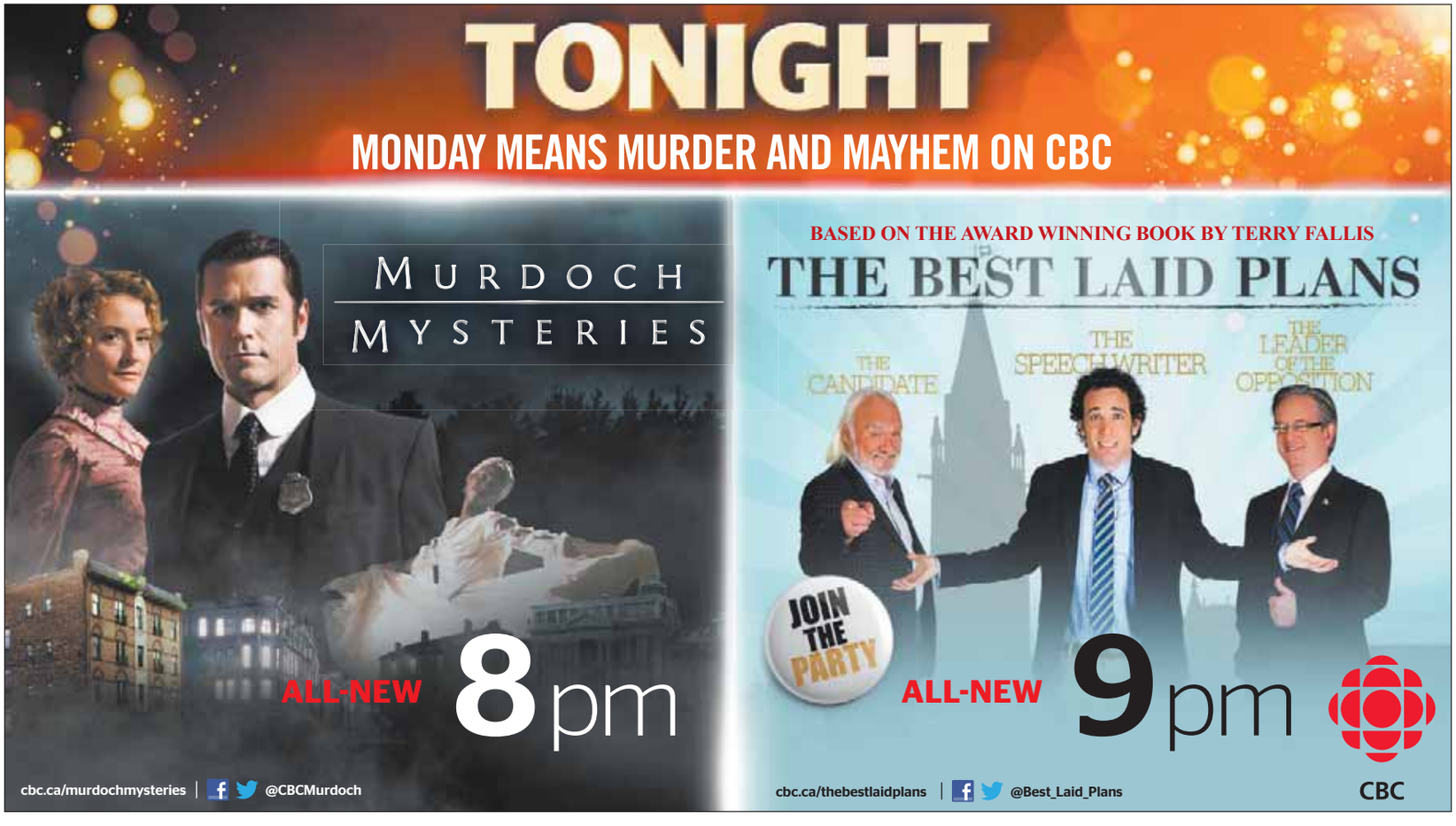
She will act as an observer and document her journey for Space.com as well as gather information for the crew's experiments.

While she said she believes humans will one day inhabit Mars, she's not interested in being one of them if it means there's no return flight home.

Christy Foley, a 32-year-old Edmonton woman, is one of the latest to make the short list for a one-way trip to Mars in 2024 through The Mars One Project, developed by Dutch space entrepreneur Bas Landorp.

Howell is also tweeting about her experience at twitter.com/howellspace.

JOE LOFARO/METRO IN OTTAWA



Rescue effort

## Survivors sought after building collapses in India

Rescuers using backhoes and shovels searched for survivors Sunday under a massive pile of broken concrete and dust that was left when a residential building under construction collapsed in India, killing at least 15 workers.

Authorities suspected dozens more may be trapped under the rubble, but were still trying to determine how many workers were on site when the five-storey structure crumpled Saturday afternoon in the state of Goa. Witnesses reported seeing at least 40 workers.

Soldiers and firefighters listened for movement or cries from the wreckage as they worked overnight to clear the debris, state official Venancio Furtado said.

At least 10 people were pulled out alive overnight, but the chance of finding survivors was dwindling, Furtado said.

Goa Chief Minister Manohar Parrikar said he ordered a review of the construction project, after seeing cracks that developed in the adjacent apartment building constructed by the same company, Mumbai-based Bharat Developers and Realtors Pvt. Ltd.

THE ASSOCIATED PRESS

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A member of the al-Qaida-linked Islamic State of Iraq and the Levant (ISIL) gives a lecture at an engineering college in the northern city of Raqqa, Syria. ISIL and rival rebels clashed in Syria on Sunday, undermining the broader opposition movement to oust President Bashar Assad. THE ASSOCIATED PRESS FILE

# Al-Qaida-linked group and Syrian rebels at odds

**Opposition.** Bloody fighting that began Friday expands over the weekend

Syrian opposition fighters battled rival rebels from an al-Qaida-linked faction across parts of northern Syria on Sunday, as deep fissures within the insurgency erupted into some of the most serious and sustained violence between groups opposed to President Bashar Assad since the country's conflict began.

The clashes, which broke out on Friday and have spread to parts of four provinces, pit an array of moderate and ultraconservative Islamist brigades against the Islamic State of Iraq and the Levant, an extremist group that has become both feared and resented in parts of opposition-held areas for trying to impose its hardline interpretation of Islam.

The fighting appeared to be an outburst of violence against the al-Qaida-linked group in certain communities where tensions with other opposition factions were simmering, activists and analysts said.

THE ASSOCIATED PRESS

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# Alberta, B.C. consider moving bitumen by rail as pipeline alternative

**Task force report.**
Environmental group calls idea 'underhanded,' says it raises safety questions in light of recent train accidents

**Details**

**The task force is led by Steve Carr, deputy minister of natural gas development in B.C., and Grant Sprague, deputy minister of energy in Alberta.**

A task force report has been handed in to the British Columbia and Alberta governments that examines the idea of transporting oilsands crude via rail if proposed pipelines don't get the green light, government documents show.

It's an idea the environmental group ForestEthics calls "underhanded."

It's a "backdoor way for industry to bring tankers to the coast without the same sort of public oversight or public process that we've had around the Enbridge pipeline or would have around the Kinder Morgan pipeline," said Ben West, campaign director for ForestEthics.

A joint provincial working group was announced by premiers Christy Clark and Alison Redford in July to develop recommendations related to energy exports and the opening of new export markets for products like bitumen for the two provinces, including pipeline and rail transport.

"Rail can be considered a viable alternative to pipeline movement based on costs of transport," the terms of reference for the group states. "If pipelines are not developed, rail will step into the void to deliver bitumen to the West Coast."

West said the report raises safety questions, especially in light of two recent high-profile train accidents.

Oil transport by rail has become a contentious topic after a train containing crude oil derailed and exploded in Lac-Mégantic, Que., in July, killing 47 people, and another train exploded without injuries last month in North Dakota.

"Myself and other people were pretty freaked out about what happened there," West said of the two fiery blasts.

THE CANADIAN PRESS

## Bracing for the 'polar vortex'

A person struggles to cross a street in blowing and falling snow Sunday in St. Louis. While much of Canada was in a deep freeze, snow-covered roads, high winds and ice were creating dangerous driving conditions from the Midwest to the Northeast U.S. on Sunday ahead of a "polar vortex" — a counterclockwise-rotating pool of cold, dense air that is set to affect more than half of the continental U.S. throughout Sunday and into Monday and Tuesday, with wind chill warnings stretching from Montana to Alabama. JEFF ROBERSON/THE ASSOCIATED PRESS

**Environment**

### More boreal forest protected, but challenges remain: Group

Canada has made significant strides in protecting the vast boreal forest that stretches across most of its provinces and territories, but the world's largest intact forest ecosystem still faces threats, says an environmental group.

THE CANADIAN PRESS

**New Brunswick**

### Officials grappled with unsterilized-forceps disclosure

Officials at New Brunswick's largest health authority deliberated for three months whether to inform the public about unsterilized biopsy forceps before finally releasing the information and advising patients to get tested for hepatitis and HIV last year.

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# Wearable gadgets to become mainstream?

Attendees wear Google Glass while posing for a group photo during the Google I/O developer conference in May in San Francisco. JUSTIN SULLIVAN/GETTY IMAGES

**Computing.**
## Companies hope this is the year 'wearables' go from a quirky curiosity to everyday use

Will 2014 be remembered as the year wearable computing took off?

Upstart entrepreneurs and major manufacturers such as Samsung, Qualcomm and Sony certainly hope so.

Gadgets that you snap, buckle or fasten to your body are already marketed to fitness freaks obsessed with tracking every possible bit of data about their workout. There are countless smartwatches for tech nerds who'd rather glance at their wrists to check messages than reach for their smartphones. And thousands of people are already seeing the world differently with the help of the Internet-connected eyewear, Google Glass.

Even with the possibilities these devices offer today, gadget lovers can expect technology companies to stretch the wearable concept further this week in Las Vegas at the International CES event, the industry's annual trade show. THE ASSOCIATED PRESS

**Projected growth**

**$30B**

Research firm IHS says the global wearables market — which also includes health products like hearing aids and heart-rate monitors — could top $30 billion US in 2018, up from nearly $10 billion US at the end of 2013.

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## Bluefin tuna prices take a nosedive

Sushi restaurateur Kiyoshi Kimura poses with a 230-kilogram bluefin tuna he bought at an auction before cutting it at his restaurant near Tsukiji fish market in Tokyo on Sunday. Kimura paid 7.36 million yen (about $70,000 US) for the bluefin in the year's celebratory first auction, just one-twentieth of what he paid a year earlier despite signs the species is in serious decline.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

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# ‘Click farms’ sow social media buzz

**Click, click, click.**
Making it look like you’ve won friends and influenced people has become big business

Celebrities, businesses and even the U.S. State Department have bought bogus Facebook likes, Twitter followers or YouTube viewers from offshore “click farms,” where workers tap, tap, tap the thumbs up button, view videos or retweet comments to inflate social media numbers.

Since Facebook launched almost 10 years ago, users have sought to expand their social networks for financial gain, winning friends, bragging rights and professional clout. And social media companies cite the levels of engagement to tout their value.

But an Associated Press examination has found a growing global marketplace for fake clicks, which tech companies struggle to police. Online records, industry studies and interviews show companies are capitalizing on the opportunity to make millions of dollars by duping social media.

For as little as a half cent each click, websites hawk everything from LinkedIn connections to make members appear more employable to SoundCloud plays to influence record label interest.

THE ASSOCIATED PRESS

‘Click farms’ inflate social media numbers. STEPHEN LAM/GETTY IMAGES

**Five ‘click farm’ facts**

1. A click farm is a business that sells clicks for fans, likes, followers, views and more.
2. People buy clicks to boost their social media numbers, which can lead to profits and popularity.
3. Buying and selling clicks violates social media user rules but is not regulated by U.S. state or federal agencies.
4. Click farm revenues are estimated to be worth hundreds of millions.
5. Sellers offer clicks for Facebook, Twitter, LinkedIn, Instagram, Pinterest, SoundCloud, YouTube, Vimeo and more.

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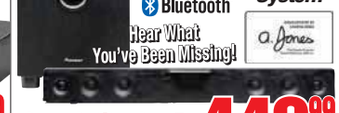

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# FIRST-PAST-THE-POST BLUES

URBAN COMPASS

**Matt Elliott**
toronto@metronews.ca

We're less than a week into Toronto's 2014 mayoral election and I'm already singing the blues.

Not because of the presumed slate of candidates and what they're saying but because of the exhausting speculation that comes with elections that use the first-past-the-post system.

Already we're seeing articles focused more on electoral math than civic issues. Can the incumbent, Mayor Rob Ford, win in a crowded field even though recent polls indicate that about 60 per cent of the population won't even consider voting for him? Is there a danger of vote splitting amongst too many conservative candidates, making the race a cakewalk for presumed progressive superstar Olivia Chow? Should a candidate without much name recognition, like former budget chief David Soknacki, drop out of the race, for fear of being a spoiler?

The answer in all cases is maybe. Or maybe not. Who knows? Let's speculate endlessly!

There was good reason to hope that 2014 would be the last mayoral election dominated by this kind of discussion. Last June, city council voted 26-15 in favour of a resolution authorizing the potential use of ranked ballots for the 2018 mayoral race. With ranked ballots, instead of voters being confined to just one choice — leading to tiring vote-split scenarios and speculation — you'd get to rank your top choices. Easy as one-two-three.

Good news, right? Sure, except the city can't move to ranked ballots without permission from the provincial government. At the time, the assumption was that our pals at Queen's Park would be quick to pass the needed legislation to give the green light to Toronto.

But I guess that was a bit naive. It's now been 208 days since council gave the thumbs up to ranked ballots and MPPs have yet to move any kind of legislation on the subject.

The unexplained delay has me worried. With the strong possibility of a spring provincial election, this whole electoral reform issue has the potential to get pushed to the back burner — or worse. We could be stuck with first-past-the-post for many mayoral elections to come.

I went to Dave Meslin looking for some reassurance. As the driving force behind the Ranked Ballot Initiative of Toronto, Meslin has been pushing for these reforms for the better part of a decade. He's concerned about the delay but still hopeful.

"Things move slowly at Queen's Park, but I'd be surprised if we don't see legislation in February," Meslin told me. "It's been over six months since city council submitted this small and simple request, and it would be disappointing if the government chose to ignore our elected councillors."

Disappointing is right. Councillors voted for change. Queen's Park needs to respect that decision and give Toronto approval to change the way we vote.

**Read more of Matt's blog, Ford for Toronto, at metronews.ca**

## ZOOM

# Here fishy, fishy, fishy

CHUNG SUNG-JUN/GETTY IMAGES

### South Korean festival gets off to icy start

A child casts a line through a hole into a frozen river during an ice fishing competition at the Hwacheon Sancheoneo Ice Festival over the weekend in Hwacheon-gun, South Korea.

The annual event attracts thousands of visitors and features a mountain trout ice fishing competition in which participants compete with traditional lures or with bare hands.

The festival is a big deal for the country. It was recently selected as one of the representative festivals by the South Korean government and CNN declared it one of the seven winter wonders in 2011.

GETTY IMAGES

**Running through Jan. 26**

- The exhibits include the Ice Sculpture Park, Michelangelo Special Exhibition and the 3-D Digital Gallery.
- In addition to ice fishing, there is also sleigh-riding, snow-sledding, and a daily ice show.

**An angler's catch of the day.**
GETTY IMAGES

**Clickbait**

ANDREW FIFIELD
andrew.fifield@metronews.ca

CONTRIBUTED

**Bandcamp is an online store that allows music fans to purchase albums directly from the artist, often allowing purchasers to name their price. But wait! There's more! You can also preview albums in their entirety before buying. It's a can't-miss proposition, so swing by and check out these Canadian artists.**

**The Royal Streets:**
Relentlessly pleasant acoustic pop music, buoyed by plenty of cooing and a classic rock flavour. It's the type of music you'll often come across in coffee shops, complete with the gentle, raspy voice and quiet crash cymbals. Sunday morning music, in other words.
(theroyalstreets.bandcamp.com)

**Sean Nicholas Savage:**
There's a staggering amount of music on this Montreal musician's page, and it's always hard to find a "skippable" song in the bunch. Sunny pop, piano ballads, moody electro. It's all here. A prolific writer and a busy tourer, there's a good chance he'll be in your town sometime this year.
(seannicholassavage.bandcamp.com)

**Jonathan Atkins:**
A singer-songwriter with a devastating ear for harmonies and a delicate touch with lyrics that slide perfectly into a horrid winter. There's a definite Celtic touch, but far sweeter than something like Mumford and Sons.
(jonathanatkins.bandcamp.com)

**Twitter**

**@metropicks asked: Hey travellers! Don't tip if you're at a Miami Beach eatery. Restaurants and bars automatically add 15 per cent gratuity. Should they?**

**@novascotiarasta:** Considering low-paid servers, be fair, add it upfront. Don't have them work (or not work) for tips.

**@mcmounce:** Gratuity inclusion should be clearly advertised but isn't as well as tourists exemption from sales tax

**@RMichaelRoberts:** automatic tip only if servers inform and remind customers that Tip is already applied and no further tip required

**@tiikerikani:** The food isn't worth the price at all, tip or not

**@bhofley:** Don't think so. Removes any incentive for them to provide good service.

**@Lowpass:** they do cause snowbirds are notoriously bad tippers and wait staff make like $7.80/hr in florida. 15% is minimum.

**Follow @metropicks and take part in our daily poll.**

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**Ebooks**

## Guillermo del Toro's Cabinet of Curiosities

**By.** Guillermo del Toro & Marc Zicree

**Kindle/iBooks/Kobo**

**MIND THE APP**
Kris Abel
@RealKrisAbel
scene@metronews.ca

While making movies, Guillermo del Toro (Pan's Labyrinth, Pacific Rim) keeps imaginatively illustrated journals. Select pages are used here for a fascinating discussion about his influences and obsessions, with contributions by James Cameron, Tom Cruise and Alfonso Cuarón. Thankfully, you can double-tap and zoom to explore their worlds in intimate detail.

**Box office**

## Disney freezes out demons

On a wintery weekend, Disney's Frozen retook the box-office top spot with $20.7 million US, freezing out the horror spinoff Paranormal Activity: The Marked Ones. According to studio estimates Sunday, Paramount's The Marked Ones debuted in second place with $18.2 million US, a total that includes Thursday night screenings.

THE ASSOCIATED PRESS

Emile Hirsch, right, had to prove he belonged among the brave and brawny to land his role in Lone Survivor, which opens Friday. CONTRIBUTED

# How Hirsch got huge

**Lone Survivor.** Actor was told he didn't have the 'physicality' to play a SEAL — cue to Rocky theme song

MATT PRIGGE
Metro World News in New York

Emile Hirsch isn't a ripped type, like his Lone Survivor castmates Mark Wahlberg and Taylor Kitsch. Yet he plays a SEAL in the adaptation of Marcus Luttrell's book, which details a mission gone disastrously awry when a quartet of soldiers went to capture or kill a Taliban leader in 2005 and wound up ambushed, fighting for their lives. Hirsch, who plays soldier Danny Dietz, says it was intensely difficult — which is exactly what he wanted.

**What drew you to playing a SEAL?**
A lot of people when they think of Navy SEALs, they think of this G.I. Joe type. When I read the book, I realized that's not who Danny Dietz was. He was someone I could really relate to. He was an artist. He was a great drawer. He was a quiet, serious person who was soft-spoken. But when that switch flipped he was all business.

**The film isn't particularly jingoistic, but it also doesn't get into the question of whether war is just or not.**
It's not a political movie. It's not a movie that dabbled in, "Should we be there?" It's on a smaller scale. It's about representing the type of person or the type of courage it takes to be one of these soldiers.

**Was it difficult convincing Peter Berg to cast you as one of the toughest kinds of soldiers?**
Peter Berg flat-out said to me when I first tried to get the part, "You don't have the physicality. No offence, man." I just wanted to be in the movie so badly. I didn't take no for an answer. I kept on emailing him and calling him and texting him and writing him letters. Eventually he sent me this text that just read, "Show up at Gold's early tomorrow." I wrote him back and said, "Early? What time?" No response. So I realized, "OK, this is a test." I woke up at 3:30, and I went to Gold's in Venice Beach and waited there for them to come and unlock it. The guy came at 6 to open it up. He was like, "Alright, man, come back here at 8:30, Peter will be here." So I went and took a nap at my buddy's apartment.

I went back, I just followed Peter, who was working out like a beast with a trainer. At the end of the day, Pete took me aside and was like, "How badly do you want to be in this movie?" I was like, "Really f—ing bad." He was like, "How hard do you want to work?" I said, "I'll be here every day." He said, "Alright, that's what you're going to do, six days a week." I asked if he was giving me the part. He said, "No." So I trained six days a week for hours and hours a day. It was three months before they gave me the part. They were trying to simulate an environment that would make me want to quit. I never did.

**How was getting out of shape after the movie wrapped? Did your body just rebel against you?**
It sucked. I tried to keep lifting and keep training. I couldn't keep my body at the same level, because you'd have to train four or five hours a day. It was a withdrawal. All of a sudden you're back to this unstructured life.

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WESTJET

# Lutz gets it on: Cyrus wrapped around Twilight star at end of 2013

Miley Cyrus is apparently starting the New Year with a new man in her life, having been spotted getting frisky with Twilight star Kellan Lutz at a Las Vegas nightclub just before New Year's Eve, according to E! News. "They were making out and didn't seem to care who was watching. It wasn't a secret that they were together," a source says. "She kept grabbing him throughout the night. You can tell he was into her, but at times he looked like he was uncomfortable with all the attention they were getting at the club."

**Twitter**

**@ElizabethHurley**
About to go on a 8km toboggan ride. Help....

**@mindykaling**
You know it's time to put away your phone when you're like: hm, what's the worst thing I could tweet that would end my career irrevocably?

**@SarahKSilverman**
On my tombstone I just want it to say, "I'm cold"

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Jay and Bey's sex-toy bill will take your breath away*

STARGAZING
Malene Arpe
scene@metronews.ca

Happy New Year…

**According to a report, Beyoncé and Jay Z spent $6,000 on sex toys.** Perhaps someone should explain to them that there's absolutely no need for anything to be gold-plated.

**Lily Allen refers to fellow pop stars as "a bunch of sterile bleeping Botoxed idiots that stank of desperation."** She later apologizes and clarifies that, "I have no way of knowing whether it was Botox or Restylane."

**Prince William will be attending Cambridge University to study agricultural management.** Meanwhile, Prince Harry, following up on his trek to the South Pole, plans to have himself shot out of a cannon, work the rodeo and, in general, be 300 times cooler than his brother.

Kate Winslet. ALL IMAGES GETTY

# Winslet can't Bear the thought of her new son being a Rocknroll-er

Kate Winslet confirms that her first child with husband Ned Rocknroll, son Bear born last month, has her last name instead of his. "Of course we're not going to call it Rocknroll," she tells the U.K. edition of Glamour. "We haven't really had that conversation. It was always going to have my name." But lest we think Winslet has been bowing to outside pressure, rest assured the actress doesn't care what other people think. "People might judge all they like, but I'm a f—ing grown-up," Winslet says.

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# Are Bieber and Gomez back on?

Justin Bieber has been spending time with Selena Gomez again, prompting speculation that the pop star and the former Disney starlet are rekindling their romance. After being spotted cruising around Bieber's neighbourhood on Segways, the Canadian singer posted a photo to Instagram of Gomez cuddling up to his back, along with the caption, "Love the way you look at me."

Justin Bieber

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Safety Steps

## Taking children into crowded venues

Taking young children into busy and crowded venues can often make even the most confident parents feel slightly nervous. Here are three easy and effective tips to ensure safety in crowds.

- Slip your business card in your children's pockets.
- With a marker, write your cell number on the back of your children's hand.
- For up-to-date ID purposes, take a photo of each of your children with your phone. Should you become separated from a child, it will be much easier for you to be reconnected. EVELYN HANNON, YUMMYMUMMYCLUB.CA

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

# Don't clip tooth fairy's wings

**Timing.** A mom explains why she, and her daughter, aren't ready for the truth about that tiny fairy who leaves money in return for teeth lost by kids

SIDURA LUDWIG
YummyMummyClub.ca

Your kids will give you cues when they're ready to hear the truth about the tooth fairy truth. ISTOCK

The other day, I lied to my daughter.

Every once in a while, she likes to go on this website called therealtoothfairies.com. She has a favourite tooth fairy, Avalane, and has been known to write her letters. At night, I take the letters out from under her pillow and put back a note, usually written in cursive so she won't recognize my handwriting.

I have mixed feelings about our scenario.

I don't like that she's found a website that basically dictates to her how she should imagine the tooth fairy. The website also charges to upgrade to different activities, which she knows I flat out refuse to allow her to do.

Does the tooth fairy really need to be more commercial than the toonie she gets under her pillow when she loses a tooth?

However, I have no problem in general with the concept for a tooth fairy. And let's face it: realizing that the tooth fairy is just your parents is one of those rites-of-passage into older childhood. She's six. I want her to stay young for as long as she can.

Recently, after fiddling around on her favourite website and printing out a copy of her latest letter, she said to me, "Mommy, is it really just you sending me the letters?"

Usually I parent by the philosophy, "If they're old enough to ask, they're old enough to know."

So, at first I said "Yes."

And then I saw her face. She was frozen. Her mouth did not turn up into that "I knew it!" smile.

She looked like she was willing herself not to process my words. Her eyes searched mine. She said it again, "No really, mommy. Is it you sending me the letters?"

And then I got it. She wasn't ready yet. And she was giving me a way out.

So I lied: "I'm the one who passes your letters onto the tooth fairy and makes sure they get there."

That's when she smiled. "Oh! OK. Because everyone at school says there's no such thing as the tooth fairy — that it's just your parents.

"I tell them, 'No! My parents don't have wings! My mother's name isn't Avalane!'"

And she ran off to put her latest letter under her pillow.

I think she knows her time will come when she won't believe this anymore.

I remember the night her older brother came downstairs and said, "It's just you guys, right?" He had the "I knew it!" smile.

I think she might even know this is a game she and I play together, that as soon as she admits to knowing, the game will stop.

Recently, she woke me early to decode the cursive in the letter she found under her pillow. Avalane told her she can't wait until her current wiggly tooth falls out, and that believing is something you feel in your heart (thank you, classic Disney).

She took the letter back from me, held it against her chest and then skipped off with that smile.

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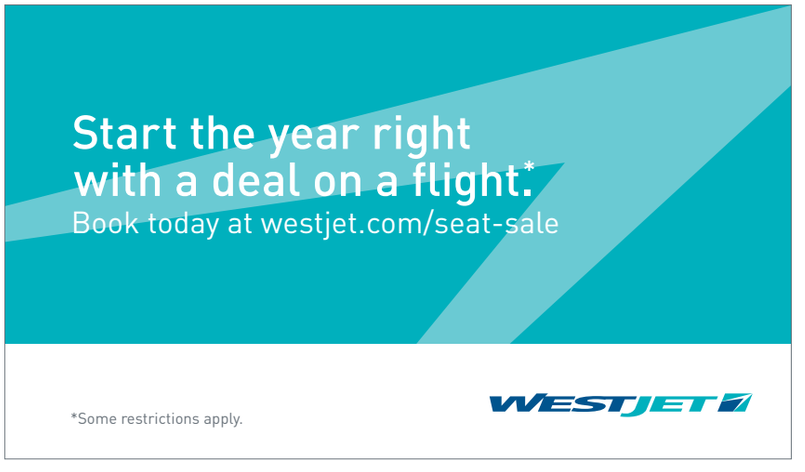

# Flash food. Flank Steak with Shiitake Mushrooms & Hoisin Sauce

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

One of my favourite dinners for the family is a lean sliced steak with a tasty sauce and a salad to start your meal.

You can enjoy meat at least twice a week and still eat healthy — providing you're eating the right cut of beef. My go-to steak is flank since it's tender, lean and quick cooking. Consider that six ounces of flank steak has only five grams of saturated fat compared to a rib steak that has 14 grams.

There's a lot more artery clogging fat when you indulge in the fattier cut.

If you have the time, you can tenderize the flank steak by marinating in a light bottled salad dressing or any oil and acidic ingredient such as balsamic vinegar or lemon juice. Add some herbs and spices of your choice. The steak will always be more tender if you can marinate it in the morning or the night before.

If you don't have sweet rice vinegar or mirin, you can use regular rice vinegar and add one tablespoon of sugar and heat gently to dissolve. Chinese five-spice powder is available in the dried herb section of your supermarket. It's a combination of cinnamon, star anise, cloves, pepper and fennel. If you don't have shiitake mushrooms, feel free to use another mushroom of your choice such as button, oyster or brown, being sure to cook the mushrooms until all the moisture evaporates.

I love my steaks served medium rare, which is about 130 F. Use a meat thermometer to test the doneness. Remember that the steak continues cooking for about 10 minutes after you remove it from the heat, so don't overcook it.

If you want a grain alongside the steak, try brown rice or soba or rice noodles.

**Ingredients**

**Mushroom Hoisin Sauce**
- 1/3 cup sweet rice wine vinegar or mirin
- 1 1/2 tsp Chinese five-spice powder
- 1/3 cup hoisin sauce
- 2 tbsp toasted sesame seeds
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 2 tbsp sesame oil

- 1 lb whole shiitake mushrooms, cleaned with stem removed
- 2 green onions, sliced for garnish
- 1 1/2 lb flank steak

**This recipe serves four.** MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

## Directions

**1.** Combine mirin, five-spice powder, hoisin, sesame seeds, vinegar, soy sauce and sesame oil. Pour 1/4 cup of the sauce over the flank steak, letting it marinate while you cook the mushrooms.

**2.** In a large skillet sprayed with vegetable oil, sauté mushrooms 12 minutes or until tender. Add another 1/4 cup of the sauce and cook one minute.

**Nutritional information**

**Per serving:** 429 calories; 21.4 g carbohydrates; 4.7 g fibre; 41 g protein; 18 g total fat; 6.6 g saturated fat; 111 mg cholesterol; 680 mg sodium

**3.** In a grill pan sprayed with vegetable oil, grill steak on medium-high heat 8 minutes per side or until done to your preference. Let sit 10 minutes.

**4.** Slice steak against grain into thin slices, scatter the whole mushrooms overtop, garnish with the green onions. Serve with the remaining sauce.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

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WESTJET

# You've been canned, now what's the plan?

**Get to the bottom of your boot.** What to do after you've been terminated from your job

PARISA NIKFARJAM
TalentEgg.ca

Getting let go from any job is tough and in many cases, embarrassing, but that shouldn't dissuade you from assessing your termination and ensuring that it accords with applicable laws. ISTOCK

When you're just getting your foot in the door, the hardest thing to contemplate is being fired.

Knowing your rights and obligations during an otherwise uncertain and difficult time will help when transitioning from one job to another.

The following is a snapshot of some of the issues for you to be aware when you've lost your job:

**Is the termination lawful?**
While it is the employer's prerogative to dismiss employees at any time (by either having cause or providing notice or payment in lieu of notice), not all dismissals are lawful.

It is therefore crucial to determine why you've been fired. If any of the following occurs, your dismissal may not be justifiable. The following restrictions apply to Ontario only. Provincial laws vary:

- Dismissal is based on a prohibited ground under the Ontario Human Rights Code, such as disability, age, sex or sexual orientation.
- Dismissal follows a complaint of harassment or violence in the workplace.
- Dismissal follows a complaint under the Employment Standards Act, 2000 (ESA) including payment of wages and overtime pay.
- Dismissal occurs during leaves of absence such as pregnancy leave and emergency leave, or immediately thereafter.

If your dismissal is based on any of the above, remember that any legal remedy you have may carry a time limitation, so it is best that you consult with legal counsel or start the appropriate process as soon as possible.

**Entitlement to termination pay**
Your employment may come to an end for "just cause" or "without cause."

If you've been fired for just cause, the employer has ended the relationship for a particular reason such as theft, illegal activity, excessive lying, workplace violence or other inappropriate behaviour. In this circumstance, you're not entitled to any payment as a result of your termination. These terminations are often contentious. It is important to seek legal advice if this is the basis of your termination, as you may have been wrongfully dismissed.

If you've been fired without cause, the employment relationship has been terminated but not necessarily as a result of your actions. This is often the case where the employer is downsizing or where the relationship just isn't a good fit. In Ontario, in this case you have minimum entitlements under the Employment Standards Act, 2000 (ESA).

There is an entitlement to notice (or pay in lieu), which is based on your length of service (one week per year of service), and is currently capped at eight weeks' compensation.

In some circumstances, you may also have a right to statutory severance pay once you've worked for more than five years.

If your employment contract does not restrict your entitlements to these minimum standards, you may wish to negotiate for a more generous termination package that considers your length of service, your age, the nature of your position and the availability of comparable alternative employment.

On top of notice or pay in lieu of notice, you are also entitled to benefits for at least your minimum notice period under the ESA, so you should ensure that this is a part of your termination package. If you have received less than what you are entitled to, you may also have been wrongfully dismissed.

**Duty to mitigate**
While you have certain entitlements upon termination, you also have obligations, one of which is the duty to mitigate your losses by looking for suitable alternate employment.

Your termination package may address this duty but even if it is silent, you should be aware of your legal duty to limit the financial losses associated with your termination by actively seeking out employment opportunities.

This duty may also include accepting re-employment with your previous employer, as long as it is reasonable to return to that workplace.

**DISCLAIMER: THIS ARTICLE IS FOR GENERAL DISCUSSION PURPOSES ONLY AND SHOULD NOT BE REGARDED AS LEGAL ADVICE.**
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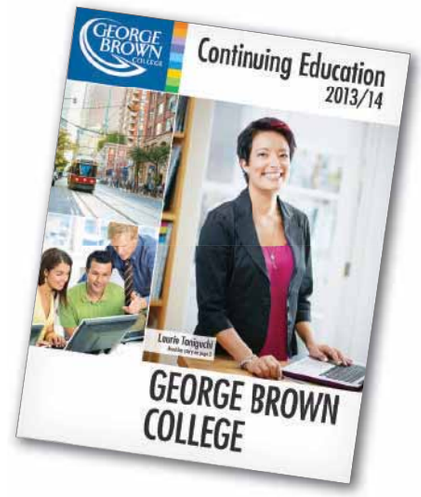


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# Skills that will lead to success in 2014

**Have you got the goods?** The common abilities every future employee should covet this coming year

SHAHEERAH KAYANI
TalentEgg.ca

Many employers look for a common set of skills and want to see proof that you have these skills.

Always study the job description carefully and note the specific skills required. This lets you know exactly what the employer will be looking for in your resumé and application.

Trying to match an employer's expectations can be daunting, but you've likely developed these skills through past work experience or volunteering.

Here's a quick guide to the most common skills employers look for and examples of how to showcase these skills on your resumé:

Don't let your resumé get too long-winded. Keep it simple and skill-focused.
ISTOCK

**Communication**
This is a skill every employer values. Communication includes three different categories: verbal, listening, and written.

You will need communication skills in order to listen effectively to your boss, co-workers or clients; communicate and facilitate discussions effectively with your team; prepare and deliver presentations; write work reports and more.

Sample point showcasing this skill: Excellent communication skills developed through experience in retail, customer service, telemarketing, front desk reception, journalism and so on.

**Computer skills**
Most jobs require you to have a basic understanding of computer programs such as Excel and Microsoft Office, as well as skills in Internet navigation, social media sites and email systems.

Sample point showcasing this skill: Proficient computer literacy proven through work experience in front-desk IT, software programming and applications, spreadsheet tabulations, social media coordination, etc.

**Research skills**
This skill refers to your ability to think critically, analyze situations from multiple viewpoints and research matters to define key issues.

Sample point showcasing this skill: Highly critical thinker with effective researching skills proven through work experience in or as a research assistant, resource developer, conflict resolution, project management, etc.

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'Round the world wisdom

# Don't let your stuff weigh you down

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Too much stuff to settle into your business? Let go of the little things. ISTOCK

The Gobi race is unaided and participants are required to carry their own backpacks including clothing, sleeping, medical and survival gear as well as food for a week. Then, you have to run the race with your pack on your back.

As a result, first timers spend a large amount of time weighing their food in order to carry the least amount of weight for the greatest energy output. What I noticed was that the more the participants believed they were efficient at choosing their food, the more they added, just in case. In effect, if you thought you were a good packer, then you just brought out more stuff!

I was advised prior to the race that many first timers made the mistake of over-packing and in fact would throw out their food once they grew fatigued and realized they no longer could carry the weight. Racers would spend more time thinking about packing "enough" than checking if their shoulders and back were strong enough to carry it.

Not only did my coach suggest I travel light, he advised me to under-pack. "If you're in trouble, others will give you their food, happy to lighten their load," he said.

We tend to overestimate what we need, both in life and when running a desert. And when you realize that you carry your life's essentials and your baggage on your back, it becomes easier to shed it.

**STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER**

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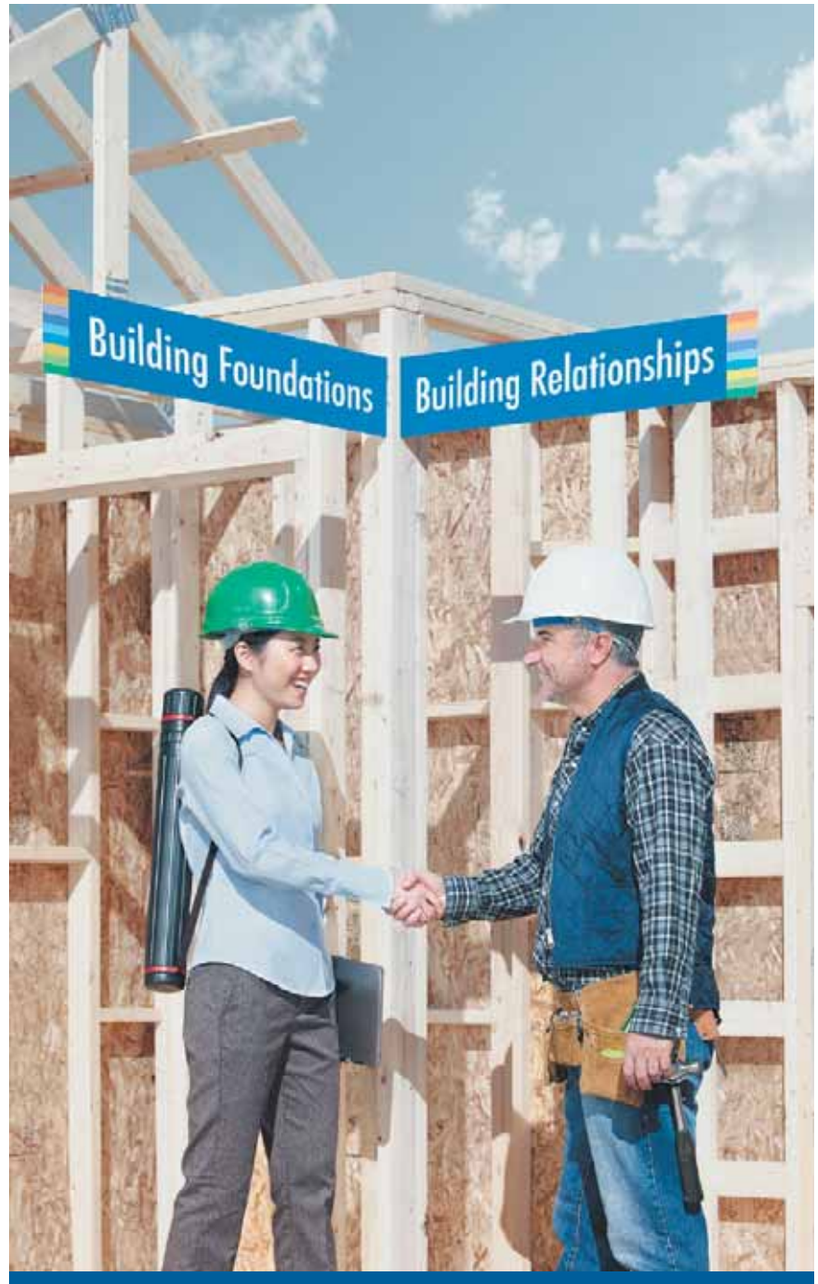


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# Raptors' win streak melts away in Miami

Raptors, from left, Amir Johnson and Jonas Valanciunas block Chris Bosh's path to the basket during Toronto's loss on Sunday night in Miami.
MIKE EHRMANN/GETTY IMAGES

## NBA. Grind-it-out game tilts champions' way in fourth quarter

Trailing entering the fourth quarter, that's becoming common for the Miami Heat.

So is overcoming those deficits.

Down by five entering the fourth, the Heat clamped down and beat the Toronto Raptors 102-97 Sunday night, getting 30 points from LeBron James and 17 from reserve Michael Beasley.

"We stayed with it mentally," Heat coach Erik Spoelstra said. "We were into the grind and staying the course and had to continue to make plays."

Playing in a back-to-back for the first time since mid-November, Dwyane Wade scored 14 points in 35 minutes for Miami, which got 11 rebounds from Chris Bosh and outscored the Raptors 23-13 in the final quarter. Miami is 7-6 this season when trailing entering the fourth.

"Just find a way to win," James said. "Every game is different. One game is different from the next and you just find a way to win when you can."

The way they won this one was defensively. The Heat shot only 7 for 20 in the fourth, but the Raptors shot 6 for 21.

**On Sunday**

| Heat | Raptors |
|---|---|
| 102 | 97 |

"They got more aggressive," Toronto's Kyle Lowry said. "We weren't attacking as much in transition. First three quarters we were able to get out and run a little bit more. The quarter started very slow for us and it really hurt us."

DeMar DeRozan scored 26 points on 11-for-19 shooting for Toronto, which was bidding for its first six-game winning streak since April 2007. Amir Johnson and Jonas Valanciunas each scored 17 for the Raptors, who got 14 from Lowry.

Toronto had a slew of late chances. Johnson could have given the Raptors the lead with 25 seconds left, but his four-footer bounced out. And Lowry's three-pointer with Toronto down three with six seconds left also missed, with James corralling that rebound and sealing the win at the foul line.

"We couldn't get a bucket," DeRozan said. "Things were going our way and then it came down to LeBron hitting a couple of big shots."

THE ASSOCIATED PRESS

**A loss is a loss**

**"I like the way our guys fought, but in the NBA you don't get a win or any medal for losing."**

**Raptors head coach Dwane Casey** who refused to take a moral victory from Sunday's game.

**NCAA men's basketball**

## Aztecs end Jayhawks' home winning streak

Xavier Thames scored 16 points, four on free throws in the closing seconds, and No. 21 San Diego State held on to beat No. 16 Kansas 61-57 on Sunday, ending the Jayhawks' 68-game non-conference winning streak at Allen Fieldhouse.

Skylar Spencer finished with 13 points and Josh Davis had 10 for the Aztecs (12-1). Thornhill's Andrew Wiggins and Frank Mason scored 14 points apiece for the Jayhawks (9-4).

THE ASSOCIATED PRESS

Andrew Wiggins shoots against the Aztecs Sunday in Lawrence, Kan. GETTY IMAGES

**Luge**

## Canadians take silver ahead of Sochi Games

Canada continued to push towards its first Olympic luge medal, winning silver in the team relay at a World Cup event on Sunday in Konigssee, Germany.

Sam Edney, Alex Gough and Justin Snith, all from Calgary, and Tristan Walker of Cochrane, Alta., joined forces to win silver in two minutes 44.499 seconds.

THE CANADIAN PRESS

## NFL. San Francisco kicks Green Bay out of playoffs

The Niners' Phil Dawson celebrates his game-winning field goal on Sunday in Green Bay, Wis. GETTY IMAGES

Phil Dawson kicked a 33-yard field goal as time expired, and Colin Kaepernick threw for 227 yards and ran for another 98 to lead the San Francisco 49ers past the Green Bay Packers 23-20 on Sunday night in a frigid NFC wild-card game.

In a back-and-forth fourth quarter, the 49ers threw the final punch. Kaepernick escaped a blitz on third-and-eight and scrambled for an 11-yard gain to the 27 with 1:13 left. Dawson nailed the kick five plays later. THE ASSOCIATED PRESS

**NFL**

## Rivers pours water on Bengals' hopes

Philip Rivers' gloved hands found the right touch in the January cold.

The Bengals? Still can't do anything right when it's playoff time.

San Diego took advantage of Andy Dalton's three turnovers in the second half on Sunday, pulling away to a 27-10 victory that extended the Bengals' stretch of playoff misery to 23 years and counting.

THE ASSOCIATED PRESS

## Soccer. Portugal legend Eusebio dies of heart failure

A half century later, Eusebio's goals are still a source of wonder in the country where he stood above all others in his sport.

There was the European Cup final against Real Madrid in 1962, when he scored the last two goals to rally Benfica to a 5-3 win. There was the 1966 World Cup quarter-final against North Korea. With Portugal down 3-0, Eusebio struck for four goals en route to a 5-3 win.

Eusebio da Silva Ferreira, who was born into poverty in Africa and became one of the world's top scorers during the 1960s, died Sunday at 71.

He died at his Lisbon home of heart failure, his biographer, Jose Malheiro, said.

THE ASSOCIATED PRESS

**Quoted**

**"A football genius and example of humility."**

**Portuguese Prime Minister Pedro Passos Coelho**

# Canada slams into roadblock en route to podium

**World juniors.** Canucks lose bronze-medal game to Russia for second straight year

There is hope for next year's team, but that didn't make it easier for the Canadian players that left the world junior championship without a medal for a second year in a row.

A bid for a first gold medal in five years had died with a 5-1 loss to Finland in the semi-finals, and a 2-1 loss to Russia in the bronze-medal game on Sunday left captain Scott Laughton and his teammates in a gloomy mood.

"When you put on this crest and try to represent your country and can't even bring a medal back to Canada to the people who've been cheering for you, and have 4,000 fans come down here, it's heartbreaking," said Laughton.

Russia's Nikita Tryamkin and Curtis Lazar of Canada collide in Malmo, Sweden, Sunday. THE CANADIAN PRESS

Mikhail Grigorenko got a lucky goal off Mathew Dumba's skate and Eduard Gimatov wired a shot to the top corner in the first period, but Canada could only answer with defenceman Josh Morrissey's first of the tournament midway through the third period against sharp Russian goalie Andrei Vasilevski.

It was the second year in a row Canada lost a bronze-medal game to Russia after a 6-5 setback last year in the Russian city of Ufa. And it marked the first time Canada has gone without a medal at this event in consecutive years since it happened three years in a row from 1979 to 1981.

Later Sunday, Finland beat Sweden 3-2 in overtime in the gold-medal game.

THE CANADIAN PRESS

## NHL

### EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Boston | 42 | 28 | 12 | 2 | 124 | 89 | 58 |
| Tampa Bay | 41 | 25 | 12 | 4 | 116 | 95 | 54 |
| Montreal | 43 | 24 | 14 | 5 | 112 | 102 | 53 |
| Detroit | 43 | 19 | 14 | 10 | 114 | 121 | 48 |
| Toronto | 43 | 21 | 17 | 5 | 119 | 127 | 47 |
| Ottawa | 44 | 19 | 18 | 7 | 126 | 141 | 45 |
| Florida | 42 | 16 | 20 | 6 | 101 | 134 | 38 |
| Buffalo | 42 | 12 | 26 | 4 | 74 | 118 | 28 |

**METROPOLITAN DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Pittsburgh | 44 | 31 | 12 | 1 | 142 | 103 | 63 |
| Philadelphia | 42 | 21 | 17 | 4 | 111 | 116 | 46 |
| Washington | 42 | 20 | 16 | 6 | 128 | 128 | 46 |
| Carolina | 43 | 18 | 16 | 9 | 105 | 124 | 45 |
| NY Rangers | 43 | 21 | 20 | 2 | 105 | 115 | 44 |
| New Jersey | 43 | 17 | 18 | 8 | 101 | 110 | 42 |
| Columbus | 42 | 18 | 20 | 4 | 113 | 123 | 40 |
| NY Islanders | 43 | 14 | 22 | 7 | 112 | 143 | 35 |

**Sunday's results**
Pittsburgh 6 Winnipeg 5
Carolina 2 Nashville 1
Tampa Bay at Edmonton
San Jose at Chicago
Vancouver at Anaheim
**Saturday's results**
Boston 4 Winnipeg 1
Colorado 4 San Jose 3
Florida 5 Nashville 4 (SO)
Buffalo 2 New Jersey 1
NY Rangers 7 Toronto 1
Ottawa 4 Montreal 3 (OT)
Carolina 3 NY Islanders 2
Detroit 5 Dallas 1
Minnesota 5 Washington 3
St. Louis 6 Columbus 2
Philadelphia 5 Phoenix 3
Los Angeles 3 Vancouver 1
**Monday's games — All Times Eastern**
Dallas at NY Islanders, 7 p.m.
Columbus at NY Rangers, 7 p.m.
Florida at Montreal, 7:30 p.m.
Calgary at Colorado, 9 p.m.
**Tuesday's games**
Carolina at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Tampa Bay at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Calgary at Phoenix, 9 p.m.
St. Louis at Edmonton, 9:30 p.m.
Boston at Anaheim, 10 p.m.
Pittsburgh at Vancouver, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.

### WESTERN CONFERENCE

**CENTRAL DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Chicago | 44 | 29 | 7 | 8 | 165 | 121 | 66 |
| St. Louis | 41 | 29 | 7 | 5 | 150 | 95 | 63 |
| Colorado | 41 | 26 | 11 | 4 | 120 | 104 | 56 |
| Minnesota | 44 | 22 | 17 | 5 | 106 | 113 | 49 |
| Dallas | 41 | 20 | 14 | 7 | 120 | 124 | 47 |
| Winnipeg | 45 | 19 | 21 | 5 | 123 | 135 | 43 |
| Nashville | 43 | 18 | 19 | 6 | 102 | 129 | 42 |

**PACIFIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Anaheim | 43 | 30 | 8 | 5 | 142 | 108 | 65 |
| San Jose | 42 | 26 | 10 | 6 | 139 | 109 | 58 |
| Los Angeles | 43 | 26 | 13 | 4 | 113 | 89 | 56 |
| Vancouver | 43 | 23 | 13 | 7 | 114 | 104 | 53 |
| Phoenix | 41 | 20 | 12 | 9 | 123 | 127 | 49 |
| Calgary | 41 | 14 | 21 | 6 | 96 | 128 | 34 |
| Edmonton | 44 | 13 | 26 | 5 | 112 | 153 | 31 |

**Note:** Two points for a win, one point for overtime loss.

### SCORING LEADERS

| | G | A | Pts |
|---|---|---|---|
| Crosby, Pgh | 23 | 39 | 62 |
| Kane, Chi | 23 | 31 | 54 |
| Getzlaf, Ana | 20 | 27 | 47 |
| Thornton, SJ | 5 | 42 | 47 |
| Kunitz, Pgh | 23 | 23 | 46 |
| Tavares, NYI | 17 | 29 | 46 |
| Backstrom, Wash | 10 | 36 | 46 |
| Sharp, Chi | 25 | 20 | 45 |
| Ovechkin, Wash | 31 | 12 | 43 |
| Perry, Ana | 22 | 21 | 43 |
| Toews, Chi | 15 | 28 | 43 |
| Okposo, NYI | 16 | 26 | 42 |
| Keith, Chi | 3 | 39 | 42 |
| Seguin, Dal | 21 | 20 | 41 |
| Marleau, SJ | 19 | 22 | 41 |
| Malkin, Pgh | 9 | 32 | 41 |

**Not including last night's games**

## NFL

### PLAYOFFS

### WILD CARD

**Sunday's results**
San Diego 27 Cincinnati 10
San Francisco 23 Green Bay 20
**Saturday's results**
Indianapolis 45 Kansas City 44
New Orleans 26 Philadelphia 24

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Indiana | 27 | 6 | .818 | — |
| d-Miami | 26 | 8 | .765 | 1½ |
| Atlanta | 18 | 16 | .529 | 9½ |
| d-Toronto | 16 | 16 | .500 | 10½ |
| Washington | 14 | 17 | .452 | 12 |
| Chicago | 14 | 18 | .438 | 12½ |
| Charlotte | 15 | 20 | .429 | 13 |
| Detroit | 14 | 20 | .412 | 13½ |
| Boston | 13 | 21 | .382 | 14½ |
| Brooklyn | 12 | 21 | .364 | 15 |
| Philadelphia | 12 | 21 | .364 | 15 |
| New York | 11 | 22 | .333 | 16 |
| Cleveland | 11 | 23 | .324 | 16½ |
| Orlando | 10 | 23 | .303 | 17 |
| Milwaukee | 7 | 26 | .212 | 20 |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| d-Oklahoma City | 27 | 7 | .794 | — |
| Portland | 26 | 8 | .765 | 1 |
| d-San Antonio | 26 | 8 | .765 | 1 |
| d-Golden State | 23 | 13 | .639 | 5 |
| L.A. Clippers | 23 | 13 | .639 | 5 |
| Houston | 22 | 13 | .629 | 5½ |
| Phoenix | 20 | 12 | .625 | 6 |
| Dallas | 19 | 15 | .559 | 8 |
| Minnesota | 16 | 17 | .485 | 10½ |
| Denver | 15 | 17 | .469 | 11 |
| New Orleans | 15 | 17 | .469 | 11 |
| Memphis | 15 | 18 | .455 | 11½ |
| L.A. Lakers | 14 | 19 | .424 | 12½ |
| Sacramento | 10 | 22 | .313 | 16 |
| Utah | 11 | 25 | .306 | 17 |

**d - division leader**
**Sunday's results**
Memphis 112 Detroit 84
Golden State 112 Washington 96
Miami 102 Toronto 97
Indiana 82 Cleveland 78
Oklahoma City 119 Boston 96
New York 92 Dallas 80
Denver at L.A. Lakers
**Saturday's results**
Indiana 99 New Orleans 82
Miami 110 Orlando 94
Brooklyn 89 Cleveland 82
Chicago 91 Atlanta 84
Oklahoma City 115 Minnesota 111
San Antonio 116 L.A. Clippers 92
Phoenix 116 Milwaukee 100
Charlotte 113 Sacramento 103
Philadelphia 101 Portland 99
**Monday's games — All Times Eastern**
Minnesota at Philadelphia, 7 p.m.
Atlanta at Brooklyn, 7:30 p.m.
Orlando at L.A. Clippers, 10:30 p.m.

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# Maple Leafs' Kadri stuck at a standstill

**NHL.** Talented centre stuck in rut with increased expectations

Nazem Kadri deserved credit for answering the bell (media demands) in the toughest of times.

He came out when the coaching staff underlined his off-beat performance; he came out when his actions were questioned in relation to his suspension; and he came out when trade rumours surfaced just after Christmas.

So it was somewhat of a surprise Sunday when Kadri — who gives an excellent quote even when things are rough — did not surface for the usual round of questioning.

That's because these are anything but usual times for Kadri. The talented centre has weathered a gamut of controversies as a Leaf, but this is different. Kadri is in a rut, and while it's not related to a coach or an issue, it appears to be a combination of things.

"He seems to be in a little bit of a funk," coach Randy Carlyle said as the Leafs practised Sunday after a 7-1 loss to the Rangers Saturday.

**Hard work ahead**

**"It's the same for any pro ... take a look in the mirror and say, 'I've got to work my way out of this.'"**

Leafs coach Randy Carlyle on Nazem Kadri

"He seems to be standing still in a lot of situations."

Kadri was likely in the gym when reporters summoned for him Sunday; and the team also skated in the annual Easter Seals skate for charity.

This "funk" however, is harder on the 23-year old than has met the eye. Kadri's ice time is up — almost two minutes more — from last season when he had 44 points in 48 games. He carried that production over to October when he had 13 points in 14 games, but has struggled since, with just four points in 10 November games and six in 13 December contests.

"The old adage is put your nose to the grindstone and work your way through it. I don't think that is too far from the way young players today should approach it," Carlyle said. TORSTAR NEWS SERVICE

Nazem Kadri has just one point in his last five games with the Maple Leafs.

CLAUS ANDERSEN/GETTY IMAGES



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## Horoscopes

### ♈ Aries
**March 21 - April 20**
What you gain over the coming week will more than make up for what you have lost, so be of good cheer. Sometimes something has to go out of your life before something new can come in.

### ♉ Taurus
**April 21 - May 21**
A relationship that has fallen into a rut can be spiced up again but it won't happen if you keep looking back to the past.

### ♊ Gemini
**May 22 - June 21**
It will pay you to not be quite so open about what you are doing and why. You don't have to be dishonest but you do have to keep information that could be useful to rivals.

### ♋ Cancer
**June 22 - July 23**
You are about to make a vital decision, one that could change the course of your life. It may not be the change itself that worries you so much as how others will react. Don't worry, they'll get used to it.

### ♌ Leo
**July 24 - Aug. 23**
There may be tension in the air over the next few days and it may linger until Mercury changes signs next weekend. It won't cause you any major problems but try not to snap at people for no reason.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Some may find it hard to believe you are in touch with your emotions and that's good because if you rely entirely on your rational mind today you could miss out. Let your heart rule your head.

### ♎ Libra
**Sept. 24 - Oct. 23**
You may think that you can do as you please and get away with it but the planets warn if you go too far today you could create a backlash that is tough to contain. Play it safe.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
The choices you make over the next few days will have a major impact on the direction your life takes over the next few months, so make them wisely.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
There may have been some confusion of late but you should find it easy to set the record straight today. If your remarks have been taken out of context make sure everyone knows it.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
It is important that you tell the truth today, even if by doing so you cause yourself, and maybe others, a certain amount of grief.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You tend to fear the worst at this time of year, so don't be surprised if you find yourself a bit hesitant as the new week begins. The good news is that come the weekend you'll be your old self again.

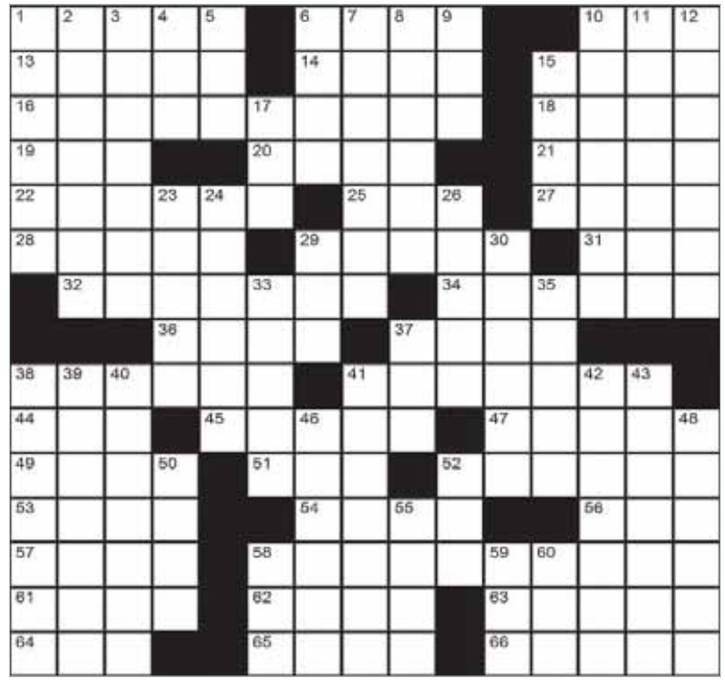
### ♓ Pisces
**Feb. 20 - March 20**
An important arrangement may have to be changed late today but don't get angry because it will work in your favour. Strange as it may seem but your friends really do know what is best for you.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



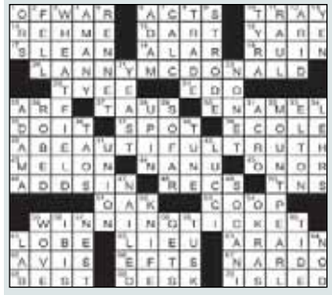
**Across**

1. Talk show host Mr. Smiley
6. Wile E. Coyote's supplier
10. Low-__ (Dieter's choice)
13. Excursus
14. Bok __ (Vegetable)
15. Healthy, in Spain
16. Medical drama on CTV: 2 wds.
18. Play interlude, __'acte
19. Greek alphabet's 7th letter
20. Sales jobs, commonly
21. Ms. Falco
22. Empathize
25. Play on words
27. Metal band, Quiet __
28. When doubled, Barbra Streisand's 'married lady' song from film Funny Girl
29. Half-hearted
31. Behave
32. __ Station, Nova Scotia
34. "I'm Gonna __ Good!" by Shania Twain
36. City of Spain
37. Ms. Remini
38. Pinned-at 'toy', __ doll
41. Fuel-finding drills: 2 wds.
44. Sovereignly sort, shortly
45. Preps teeth for fillings
47. Thanks: French
49. Comfy
51. Pre-1947 British rule in India
52. Don't yield from a stance: 2 wds.
53. Scrabble piece
54. 'Smart' suffix
56. Feline's fluff
57. "As if!": 2 wds.
58. Posh neighbourhood of Ottawa, __ Park
61. "Young __" (1988)
62. Intro-to-drawing class, __ _
63. The States = _ _ __ _
64. Cornerstone abbr.
65. "Excuse me..."
66. Retro record

**Down**

1. Policing weapons
2. Together, sports-style: 3 wds.
3. Baroque composer nicknamed 'The Red Priest'
4. Forest's Oscar-winning role
5. John McCain, e.g.
6. Yearn
7. Food Network culinary competition series, "__ Canada"
8. Cleans the floor's mess: 2 wds.
9. Middle
10. City on the South Shore near the Island of Montreal
11. Capital city of ancient Syria
12. Country star Ms. Lynn
15. Clairvoyant
17. Athens' country, to the IOC
23. Had a cold
24. Non-stick coating in cookware
26. Mr. Bruce who played Dr. Watson in Sherlock Holmes films
29. __-la-la!
30. "Goodness gracious...": 2 wds.
33. Smell
35. Burglar
37. Fleur-de-__ [var. sp.]
38. Trace of something
39. Author's anthology
40. Luxurious
41. Items and things
42. Canadian Forces helicopter, CH-146 __
43. Like a pre-grooming dog
46. Houses for lords
48. Jennifer Lopez hit: 2 wds.
50. Acquires
52. Grad letters
55. Comedian's play-like routine
58. Knock the door
59. Adore, informally
60. "It __ _." (Fancy response to "Who's there?")

## Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 9 | 5 | 6 | 8 | 4 | 7 |
| 5 | 8 | 9 | 7 | 1 | 4 | 2 | 3 | 6 |
| 7 | 4 | 6 | 3 | 8 | 2 | 9 | 5 | 1 |
| 3 | 5 | 7 | 1 | 9 | 8 | 6 | 2 | 4 |
| 9 | 1 | 4 | 6 | 2 | 7 | 5 | 8 | 3 |
| 2 | 6 | 8 | 4 | 3 | 5 | 7 | 1 | 9 |
| 6 | 7 | 2 | 8 | 4 | 1 | 3 | 9 | 5 |
| 8 | 9 | 1 | 5 | 6 | 3 | 4 | 7 | 2 |
| 4 | 3 | 5 | 2 | 7 | 9 | 1 | 6 | 8 |

### Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 5 | | 6 | | 2 | |
| 2 | | | 7 | | 9 | | | 1 |
| | 4 | | | 3 | | | 8 | |
| | | 2 | | | | 8 | | |
| 3 | 7 | | | | | | 5 | 4 |
| | | 5 | | | | 7 | | |
| | 2 | | | 6 | | | 3 | |
| 1 | | | 2 | | 5 | | | 8 |
| | 5 | | 3 | | 4 | | 9 | |

Today
-5°/-20°
Variable

Tuesday
-16°/-17°
Partly cloudy

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